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FM PTC WASHINGTON DC//ALARACT//

TO ALARACT

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SUBJ: ALARACT 064/2010 ARMY PHYSICAL FITNESS TESTING (APFT) REQUIREMENTS FOR MILITARY INSTITUTIONAL TRAINING (U)

UNCLASSIFIED//

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DAMO-ZA//

SUBJECT: ARMY PHYSICAL FITNESS TESTING (APFT) REQUIREMENTS FOR MILITARY INSTITUTIONAL TRAINING (U)

1. (U) REFERENCES: AR 350-1, ARMY TRAINING AND LEADER DEVELOPMENT, 18 DEC 09.
2. THIS MESSAGE REVISES ARMY POLICY REGARDING ARMY PHYSICAL FITNESS TESTING FOR MILITARY INSTITUTIONAL TRAINING FOR SOLDIERS WHO HAVE GRADUATED FROM IMT. EFFECTIVE DATE IS RELEASE OF THIS MESSAGE. UPDATE WILL BE REFLECTED IN THE NEXT REVISION OF AR 350-1.
3. PARAGRAPH 3-12.C OF AR 350-1 IS REVISED AS FOLLOWS:
  - A. (CHANGE) SOLDIERS ATTENDING PROFESSIONAL MILITARY EDUCATION (PME) BEYOND INITIAL MILITARY TRAINING (IMT) THAT ARE 60 DAYS OR LONGER WILL BE ADMINISTERED THE APFT AS A COURSE REQUIREMENT. PME COURSES LESS THAN 60 DAYS WILL NOT ADMINISTER AN APFT.
  - B. (ADDITION) PROPONENTS OF FUNCTIONAL TRAINING COURSES MAY REQUIRE AN APFT, AS EITHER AN ENTRANCE OR GRADUATION REQUIREMENT, REGARDLESS OF THEIR LENGTH.
  - C. (NO CHANGE) ONE RETEST IS ALLOWED. IT WILL BE ADMINISTERED NO EARLIER THAN SEVEN DAYS AFTER THE INITIAL APFT FAILURE.
  - D. (NO CHANGE) SOLDIERS WHO FAIL TO MEET THE APFT STANDARDS WILL BE CONSIDERED AN ACADEMIC COURSE GRADUATE, BUT ITEM 11C OF THEIR DA FORM 1059 WILL BE MARKED "MARGINALLY ACHIEVED COURSE STANDARDS" AND ITEM 14 WILL BE MARKED "FAILED TO MEET APFT STANDARDS".
  - E. (CHANGE) SCHOOL COMMANDANTS WILL ENSURE SOLDIERS RETURNING FROM COMBAT OPERATIONS/OVERSEAS CONTINGENCY OPERATIONS DEPLOYMENT, REPORTING DIRECTLY TO A PME COURSE FOR MORE THAN 60 DAYS, MEET THE APFT STANDARDS PRIOR TO GRADUATION.
  - F. (NO CHANGE) FOR RECRUITER, DRILL SERGEANT, AIRBORNE, AND RANGER COURSES, SPECIAL FORCES ASSESSMENT AND SELECTION, AND OTHER SCHOOLS REQUIRING SEPARATE PHYSICAL FITNESS STANDARDS, THE CG, TRADOC WILL RECOMMEND PHYSICAL FITNESS STANDARDS TO HQDA, DCS, G-3/5/7 FOR REVIEW AND APPROVAL. SOLDIERS WHO FAIL TO MEET THESE STANDARDS WILL BE DENIED ENROLLMENT AND RETURNED TO THEIR UNIT OF ASSIGNMENT.
4. POINT OF CONTACT IS: SGM EDDIE JACKSON. HQDA DCS G-3/5/7 TR AT DSN: 222-6128, COMMERCIAL 703-692-6128 OR EMAIL AT [EDDIE.E.JACKSON@US.ARMY.MIL](mailto:EDDIE.E.JACKSON@US.ARMY.MIL).
5. EXPIRATION DATE FOR THIS MESSAGE IS 8 MARCH 2012.